

Session #4 Accessing the Gift in Conflict

This Week's Practice:

1. Come up with win-win solutions together (with your partner, or any other relationship you have) by working the Triggers Process below.
 - When you _____ **(Stimulus)**
 - I feel _____ **(Feeling: Sad, Mad, Scared)**
 - What I make up about that is _____ **(Belief)**
 - What I want is _____ **(Form)**
 - Why I want that is to feel _____ **(Experience, i.e. Connected, Free)**
 - What I am willing to do to create that is _____ **(Action/s)**
 - What I would like from you is _____ Would you be willing to do that? **(Request)**
 - If not, what would you be willing to do? What do you need to give me what I need? **(Brainstorm Ideas)**
 - Keep talking until you come up with a win/win solution that takes care of both of your desires. **(Negotiate)**

This Week's Homework Assignment:

1. When conflicts arise (and they will) take the opportunity to use the above process with your partner.

See if you can come up with some creative, win-win solutions!